

WHAT IS CLAIMED IS:

1. A medical food for treating hormone imbalance comprising a mixture of:  
macronutrients comprising at least one ingredient selected from the group consisting of protein, carbohydrates, and lipids; and  
micronutrients comprising an isoflavone, an isoflavone synergist, and a methylation support compound for estrogen metabolites.
2. The medical food of Claim 1, wherein the protein is selected from the group consisting of rice protein concentration, rice flour, and mixtures thereof.
3. The medical food of Claim 1, wherein the carbohydrate is a simple sugar.
4. The medical food of Claim 1, wherein the carbohydrate is selected from the group consisting of fructose, sucrose, rice syrup solids, xylitol, and  $\alpha$ -D-ribofuranose.
5. The medical food of Claim 1, wherein the lipid is derived from canola oil.
6. The medical food of Claim 1, further comprising a lipid modulator.
7. The medical food of Claim 6, wherein the lipid modulator is choline.
8. The medical food of Claim 1, wherein the isoflavone is derived from a food source selected from the group consisting of kudzu root, soy, legumes, alfalfa, clover, and licorice root.
9. The medical food of Claim 8, wherein the isoflavone is derived from kudzu.
10. The medical food of Claim 9, wherein the isoflavone comprises  $1 \times 10^{-4}$  to  $500 \times 10^{-3}$  parts by weight.
11. The medical food of Claim 10, wherein the isoflavone comprises  $1 \times 10^{-3}$  to  $50 \times 10^{-3}$  parts by weight.
12. The medical food of Claim 11, wherein the isoflavone comprises  $10 \times 10^{-3}$  to  $40 \times 10^{-3}$  parts by weight.
13. The medical food of Claim 1, wherein the isoflavone synergist is a ingredient selected from the group consisting of curcumin, rosemary extract, and resveratrol.
14. The medical food of Claim 13, wherein the isoflavone synergist is curcumin.
15. The medical food of Claim 14, wherein the curcumin comprises about  $1 \times 10^{-3}$  to  $5000 \times 10^{-3}$  parts by weight.

16. The medical food of Claim 15, wherein the curcumin comprises about  $50 \times 10^{-3}$  to  $500 \times 10^{-3}$  parts by weight.

17. The medical food of Claim 16, wherein the curcumin comprises about  $100 \times 10^{-3}$  to  $300 \times 10^{-3}$  parts by weight.

18. The medical food of Claim 1, wherein the methylation support compound is an ingredient selected from the group consisting of choline, trimethylglycine, cobalamin and derivatives thereof, and folic acid and derivatives thereof, riboflavin, pyridoxine, and magnesium.

19. The medical food of Claim 18, wherein the methylation support compound is choline thereof.

20. The medical food of Claim 19, wherein choline comprises about  $0.1 \times 10^{-3}$  to  $750 \times 10^{-3}$  parts by weight.

21. The medical food of Claim 20, wherein choline comprises about  $1 \times 10^{-3}$  to  $500 \times 10^{-3}$  parts by weight.

22. The medical food of Claim 18, wherein the methylation support compound is trimethylglycine.

23. The medical food of Claim 22, wherein trimethylglycine comprises about  $0.1 \times 10^{-3}$  to  $1000 \times 10^{-3}$  parts by weight.

24. The medical food of Claim 23, wherein trimethylglycine comprises about  $1 \times 10^{-3}$  to  $200 \times 10^{-3}$  parts by weight.

25. The medical food of Claim 18, wherein the methylation support compound is cobalamin and derivatives thereof.

26. The medical food of Claim 25, wherein cobalamin and derivatives thereof comprises about  $2 \times 10^{-3}$  to  $200 \times 10^{-3}$  parts by weight.

27. The medical food of Claim 26, wherein cobalamine and derivatives thereof comprises about  $5 \times 10^{-3}$  to  $50 \times 10^{-3}$  parts by weight.

28. The medical food of Claim 18, wherein the methylation support compound is folic acid and derivatives thereof.

29. The medical food of Claim 28, wherein folic acid and derivative thereof comprises about  $50 \times 10^{-3}$  to  $5000 \times 10^{-3}$  parts by weight.

30. The medical food of Claim 29, wherein folic acid and derivatives thereof comprises about  $100 \times 10^{-3}$  to  $1000 \times 10^{-3}$  parts by weight.

31. The medical food of Claim 1, further comprising at least one ingredient selected from the group consisting of dietary fiber, vitamin, mineral, fortifying amino acid, carotenoid, and flavonoid.

32. The medical food of Claim 31, wherein the dietary fiber is lignan.

33. The medical food of Claim 31, wherein the dietary fiber is derived from flaxseed.

34. The medical food of Claim 31, wherein the vitamin is at least one vitamin selected from the group consisting of vitamin A, vitamin D, vitamin E, vitamin K, thiamin, riboflavin, niacin, pyridoxine, pantothenic acid, biotin, vitamin C, and derivatives thereof.

35. The medical food of Claim 31, wherein the mineral is at least one mineral selected from the group consisting of calcium, magnesium, chromium, copper, iodine, iron, phosphorus, molybdenum, selenium, zinc, manganese, sodium, and potassium.

36. The medical food of Claim 31, wherein the fortifying amino acid is at least one amino acid selected from the group consisting of L-lysine, L-threonine, and N-acetylcysteine.

37. The medical food of Claim 36, wherein the fortifying amino acid is N-acetylcysteine.

38. The medical food of Claim 31, wherein the carotenoid is at least compound selected from the group consisting of lutein, zeaxanthin,  $\beta$ -carotene, and lycopene.

39. The medical food of Claim 31, wherein the flavonoid is at least compound selected from the group consisting of quercetin, chrysin, and hesperidin complex.

40. The medical food of Claim 1, wherein the medical composition is in a form selected from the group consisting of powder, dietary bar, and dietary gel.

41. A medical composition for treating hormone imbalance comprising a mixture of an isoflavone, an isoflavone synergist, and a methylation support compound for estrogen metabolites.

42. The medical composition of Claim 41, wherein the isoflavone is derived from a food source selected from the group consisting of kudzu root, soy, legumes, alfalfa, clover, and licorice root.

43. The medical composition of Claim 41, wherein the isoflavone is derived from kudzu.

44. The medical composition of Claim 43, wherein the isoflavone comprises  $0.2 \times 10^{-4}$  to  $1000 \times 10^{-3}$  parts by weight.

45. The medical composition of Claim 44, wherein the isoflavone comprises  $2 \times 10^{-3}$  to  $100 \times 10^{-3}$  parts by weight.

46. The medical composition of Claim 45, wherein the isoflavone comprises  $20 \times 10^{-3}$  to  $80 \times 10^{-3}$  parts by weight.

47. The medical composition of Claim 41, wherein the isoflavone synergist is a ingredient selected from the group consisting of curcumin, rosemary extract, and resveratrol.

48. The medical composition of Claim 47, wherein the isoflavone synergist is curcumin.

49. The medical composition of Claim 48, wherein the curcumin comprises about  $0.5 \times 10^{-3}$  to  $2500 \times 10^{-3}$  parts by weight.

50. The medical composition of Claim 49, wherein the curcumin comprises about  $25 \times 10^{-3}$  to  $250 \times 10^{-3}$  parts by weight.

51. The medical composition of Claim 50, wherein the curcumin comprises about  $50 \times 10^{-3}$  to  $150 \times 10^{-3}$  parts by weight.

52. The medical composition of Claim 47, wherein the isoflavone synergist is resveratrol.

53. The medical composition of Claim 52, wherein the resveratrol comprises about  $0.1 \times 10^{-3}$  to  $100 \times 10^{-3}$  parts by weight.

54. The medical composition of Claim 53, wherein the resveratrol comprises about  $0.5 \times 10^{-3}$  to  $50 \times 10^{-3}$  parts by weight

55. The medical composition of Claim 54, wherein the resveratrol comprises about  $0.5 \times 10^{-3}$  to  $10 \times 10^{-3}$  parts by weight.

56. The medical composition of Claim 47, wherein the isoflavone synergist is rosemary extract.

57. The medical composition of Claim 56, wherein the rosemary extract comprises about  $1 \times 10^{-3}$  to  $1000 \times 10^{-3}$  parts by weight

58. The medical composition of Claim 57, wherein the rosemary extract comprises about  $10 \times 10^{-3}$  to  $500 \times 10^{-3}$  parts by weight.

59. The medical composition of Claim 58, wherein the rosemary extract comprises about  $25 \times 10^{-3}$  to  $200 \times 10^{-3}$  parts by weight.

60. The medical composition of Claim 41, wherein the methylation support compound is an ingredient selected from the group consisting of choline, trimethylglycine, cobalamin and derivatives thereof, and folic acid and derivatives thereof, riboflavin, pyridoxine, and magnesium.

61. The medical composition of Claim 60, wherein the methylation support compound is choline.

62. The medical composition of Claim 61, wherein choline comprises about  $0.1 \times 10^{-3}$  to  $750 \times 10^{-3}$  parts by weight.

63. The medical composition of Claim 62, wherein choline comprises about  $1 \times 10^{-3}$  to  $500 \times 10^{-3}$  parts by weight.

64. The medical composition of Claim 60, wherein the methylation support compound is trimethylglycine.

65. The medical composition of Claim 64, wherein trimethylglycine comprises about  $0.1 \times 10^{-3}$  to  $1000 \times 10^{-3}$  parts by weight.

66. The medical composition of Claim 65, wherein trimethylglycine comprises about  $1 \times 10^{-3}$  to  $200 \times 10^{-3}$  parts by weight.

67. The medical composition of Claim 60, wherein the methylation support compound is cobalamin and derivatives thereof.

68. The medical composition of Claim 67, wherein cobalamin and derivatives thereof comprises about  $2 \times 10^{-3}$  to  $200 \times 10^{-3}$  parts by weight.

69. The medical composition of Claim 68, wherein cobalamin and derivatives thereof comprises about  $5 \times 10^{-3}$  to  $50 \times 10^{-3}$  parts by weight.

70. The medical composition of Claim 60, wherein the methylation support compound is folic acid and derivatives thereof.

71. The medical composition of Claim 69, wherein folic acid and derivatives thereof comprises about  $50 \times 10^{-3}$  to  $5000 \times 10^{-3}$  parts by weight.

72. The medical composition of Claim 70, wherein folic acid and derivatives thereof comprises about  $100 \times 10^{-3}$  to  $1000 \times 10^{-3}$  parts by weight.

73. The medical composition of Claim 41, further comprising at least one ingredient selected from the group consisting of vitamin, mineral, fortifying amino acid, carotenoid, and flavonoid.

74. The medical composition of Claim 73, wherein the vitamin is at least one vitamin selected from the group consisting of vitamin A, vitamin D, vitamin E, vitamin K, thiamin, riboflavin, niacin, pyridoxine, pantothenic acid, biotin, vitamin C, and derivatives thereof.

75. The medical composition of Claim 73, wherein the mineral is at least one mineral selected from the group consisting of calcium, magnesium, chromium, copper, iodine, iron, phosphorus, molybdenum, selenium, zinc, manganese, sodium, and potassium.

76. The medical composition of Claim 73, wherein the fortifying amino acid is at least one amino acid selected from the group consisting of L-lysine, L-threonine, and N-acetylcysteine.

77. The medical composition of Claim 76, wherein the fortifying amino acid is N-acetylcysteine.

78. The medical composition of Claim 73, wherein the carotenoid is at least compound selected from the group consisting of lutein, zeaxanthin,  $\beta$ -carotene, and lycopene.

79. The medical composition of Claim 73, wherein the flavonoid is at least compound selected from the group consisting of quercetin, chrysin, and hesperidin complex.

80. The medical composition of Claim 41, wherein the medical composition is in a form selected from the group consisting of tablets, capsules, solutions, emulsions, and suspensions.

81. The method of balancing hormones in a man or woman, the method comprising a step of administering to said mammal an effective amount of the composition of Claim 1.

82. The method of balancing hormones in a man or woman, the method comprising a step of administering to said mammal an effective amount of the composition of Claim 41.